

Senior Nutrition Menus Planned for the Week

Menus for the Senior Nutrition Program luncheons in the Dansville Masonic Temple next week include:

Monday — Salisbury steak with gravy, mashed potatoes, buttered beets, carrot and raisin salad, pumpernickel bread, frosted harvest bars, coffee, tea or milk.

Tuesday — Baked chicken ala orange, oven-browned potatoes, winter squash, juice, roll, butterscotch pudding, coffee, tea or milk.

Wednesday — Shells in Italian meat sauce, broccoli, garlic bread, gingerbread with topping, coffee, tea or milk.

Thursday — Beef stew on biscuit, garden cottage cheese salad, juice, applesauce cake with topping, coffee, tea or milk.

Friday — Baked fish fillet, mashed potatoes, buttered carrots, whole wheat bread, fruit cup, coffee, tea or milk.

Menus are subject to change. Reservations must be made two days in advance and may be made by phoning 335-8130.

There will be a cheese distribution on Friday, Sept. 25, from 10 a.m. to 2 p.m.

Volunteers are Listed For Hospital Gift Shop

Volunteers who will staff the Spice Box Gift Shop in Noyes Memorial Hospital during the next week are:

Friday — B. Thompson and G. Kuhn, afternoon; D. Bradley, evening.

Saturday — F. Metzger.

Sunday — L. Englert.

Monday — D. Higgins, afternoon; R. McIntyre, evening.

Tuesday — V. Mason, afternoon; A. Fries, evening.

Wednesday — L. Saeger, afternoon; A. Fries, evening.

Thursday — D. Beecher and L. Jones, afternoon; C. Lander and F. Harloff, evening.

Set Sunday Meet

The Today's Widow organization will meet Sunday at 2 p.m. in McKee Parlor at the Dansville Presbyterian Church. Guest speaker will be Rev. James Bender, church pastor.

Genesee

Country Express

Founded in 1833

Combined with Wayland Register - Dansville Breeze
USPS 215-720

Published every Thursday morning at 113 Main St., Dansville, N.Y. by Seneca Media Inc.

Second Class postage paid at Dansville, N.Y. 14437. Subscription rate \$15.00 per yr. Single copy 30 cents.

Postmaster: send address changes to Genesee Country Express, 113 Main St., Dansville, N.Y. 14437.

Sparta Perspective

By RUTH SHAFER
Phone 335-8933

It is an occasion for celebration, truly it is. I've learned that a problem which plagues me almost daily is not one that is peculiar to me alone and it even has a name.

It's called TOTS for tip-of-the-tongue syndrome and it refers to that frustrating and all too often very embarrassing inability to recall a common, everyday word or a name you know as well as your own. Now, let's see, where did I read about it. Oh, yes, it was in the last issue of Woman's Day magazine. Or was it Family Circle? Well, anyway, it's a common enough problem to rate a little space in a mass circulation magazine and I found that very reassuring. It didn't hurt a bit to learn it doesn't just happen to the old folks, either, believe me.

Our memories are an amazing part of us, aren't they, in spite of those annoying little lapses. Just consider how easily we can relive those special moments in our lives, often moments of such short duration they seemed to be over before they even started, or were so fraught with emotion and excitement it wasn't possible to fully enjoy them as they happened.

Recalled in tranquility they afford us a continuing joy whenever we choose. That is pretty remarkable (and very much taken for granted, I imagine.) True, I sometimes wonder a little when the recalled event appears honed and polished to a brilliance I suspect the original reality never possessed, but then, that's half the fun of memories. And it does give our overall lives a bit of zest. Never mind that absolute accuracy may have been compromised. You want accuracy, keep a diary.

If only more folks had done so! What a frustration it is to try to track down events in a family's history when there are no records and everyone who might have known about them is long gone. It's not only frustrating, either. I suspect a lot of valuable information — to the descendants, at least — is forever lost. If not valuable, exactly, certainly a lot that would be of interest to them.

Does that sound as if I am implying we all should keep diaries or some sort of records? You bet it does. And I do. No one of my descendants will have much to complain about so far as lack of information is concerned. They will may complain about the amount and maybe content — my journals are full of a lot of thoughts and ideas about everything — and even nothing. They will have a job sorting stuff out, I guess.

And speaking of memories and records and such things, why, oh why didn't our ancestors identify photographs! They cared enough to keep them in those lovely plush albums. Would it have been so difficult to inscribe the person's

name on the pages, or better, on the back of the photograph itself?

Record books were common enough, but beyond discovering that wheat and potatoes were worth almost nothing on the market and who was helping whom with the hay, they aren't too helpful. Ah-h-h! It's enough to make you want to tear out your hair!

At that point and in total frustration, it seemed like a good idea to take Duketheduck for a walk. Naturally, Charlie, Joe and Gussie, the cat, invited themselves along. It seemed a shame not

to include Bosley the guinea pig, too, but he is a bit small for such meanderings. (A friend described guinea pigs as eggplants with feet. Not a bad description, but Bos is a blond so I think a summer squash fits better.)

But back to our amble along the creek. It was really quite uneventful. Duketheduck was on good behavior, Gussie left the birds alone and Charlie and Joe didn't even bother the six pheasants we scared up. Amazing. We saw some bluebirds again, too. As far as I was concerned, that made my day.



VETS GATHER — Members of the Past Commanders' Club of Daniel Goho American Legion Post had their fall dinner meeting on Sept. 2. Attending are (front row from left) Robert Culbertson, Richard Wilcox, William Lent, Ross Glover. Second row, Anthony Amico, Charles Buck, John Kinney, Fred Keysaw. Standing, Jack Folts, E. Brad Chapman, Howard Thompson, Harry Young, Harry Applin and William Griesse.

Legion Unit Has Meeting

The annual fall dinner meeting for the Past Commanders' Club of Daniel Goho American Legion Post was held Sept. 2 in the Sunrise Restaurant and attracted 15 past leaders and their wives.

The program was directed by President Richard Wilcox with the prayer led by Robert Culbertson, club chaplain who is now the commander of the Livingston County American Legion.

A card was signed and sent to

past commander Edgar Allen who was unable to attend. Allen and the late William D. Conklin are the only two members of Daniel Goho Post to reach 70 years of continuous Legion membership in the 1988 year, the maximum available to veterans joining when the organization was founded following World War I.

The club announced its spring dinner meeting will be held in April.

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